

June 2019

# Town of Braintree Department of Elder Affair

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

*“Live, Learn, Laugh and Be Happy”*

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: [www.townofbraintreegov.org](http://www.townofbraintreegov.org)

**Please note you may sign up for all activities on or after June 3rd at 9:30 am**

**Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.**

**Thank you for your patience and understanding**



## Cape Cod Lobster Roll Cruise

Tuesday, July 10 from 10:30 AM-4:00 PM

**\$70.00 Tickets will be on sale after 9:30 AM Monday June 3**

**Please make checks payable to Braintree Department of Elder Affairs**

Enjoy spectacular views and a delicious lunch aboard the S.S. Lobster Roll.

Relax while gliding along the calm waters of Sesuit Harbor and into picturesque Cape Cod Bay.

Luncheon menu choices include: (sandwiches are served with potato chips and coleslaw)

**The Lobster Roll:** A sandwich so good they named their boat after it! A grilled roll, a little lettuce and tomato and stuffed with fresh native lobster meat with a hint of celery and mayo.

**Roast Beef Rollup:** Certified Black Angus prime rib, sliced thin and piled into a whole wheat lavash bread with lettuce, tomato and light mayo.

**Vegetarian Rollup:** Fresh medley of summer vegetables and tomato rolled in a whole wheat lavash bread served with a hint of mayo.

**Chicken Caesar Salad:** Marinated chicken breast grilled and stacked atop crisp romaine lettuce tossed with our Caesar dressing, parmesan cheese and seasoned croutons.

Your ticket price includes transportation, driver gratuity, lunch and cruise.

**Please note the following details: Moderate walking required. All trips are held rain or shine. If possible, please carpool and park your car in the field for all day trips. Priority will be given to Braintree residents. A waitlist will be taken for out of town residents. Seating is very limited and tickets sell quickly. Please pick up your ticket the first weekday of the new month, cash or check.**

\* U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of notice provided to the Department of Elder Affairs at least 30 days prior by calling 781-848-1963 **Braintree Residents Only**

# Sharmila's Corner

## *Greetings Everyone,*

It is the middle of May and it is still so cold. It keeps on raining almost everyday. But do not let the rain dampen your spirits. The rain is making the grass look greener and the flowers looking prettier. As the song goes, "raindrops on roses" is one of our "favorite things".

Needless to say, the rain did not dampen anyone's spirit. Most, seemed undaunted by the weather and our programs and activities did not have any less participation. Thank you for your high energy and your spirits; everyday, we keep learning from you.

It seems that scams and identity thefts have become a part of our lives these days. It seems like almost everyday scammers devise a new strategy to cheat and rob people. Sadly, they target, mostly older adults. Many seniors live alone and some would love to have a nice conversation on the phone with their friends or loved one. Unfortunately, often times, the person on the other side, is a scammer, waiting to steal someone's hard earned money.

In our newsletters, we often put information from the District Attorney's Office about recent scams. Also, we often invite officials to speak about scams and identity theft. I know it is easy to get desensitized and saturated with all the information, but please remember it is better to have too much information than to be scammed.

Last month, Officer Gillis from Braintree Police Department, was scheduled to have a discussion session about a scam a Braintree senior had recently experienced. Unfortunately, for reasons beyond his control, Officer Gillis, could not come. So, we had an open discussion. Not surprisingly, almost everyone has experienced pressure and scare tactics from persons who are nothing but criminals. Just a few days ago, our front desk received a call from an elder who realized that she gave away her social security number. She had succumbed to the pressure and gave them her number. So ladies and gentlemen, this will keep on happening. Right now, there is no end in sight. Please be careful! You were taught never to be rude, but sadly, times have changed. So, if you feel uncomfortable, please hang up. The person on the other end, does not deserve any of your niceness. Also, if you have been victimized, please do not be embarrassed. Let others know, call the police. Be vigilant!

So to end on a happy note. Enjoy the summer months that will soon arrive at your door step. Come visit us as often as you want and keep smiling!

*Happy Summer.....Sharmila*



## Special Activities and Meetings: See our calendar for a complete list of activities

2nd & 4th Monday	Bereavement Support Group	2:00 PM
1st & 3rd Wednesday	Bingo—	1:00 PM
Monday May 6, 20	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Tuesdays	Internet Computers: Call to sign up	10:45 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
Every Monday	Drop in for I-phone assistance with BHS students	2:45PM
June 10	Belles & Beaux	10:00 AM
June 11	Drop in for I-Phone assistance with Nicholas	1:00 PM
June 14	Father's Day Brunch and Honeymooners Marathon	10:00 AM
June 18	Drum Circle with Eve	10:30 AM
June 21	Hydration Education and lunch from Brookdale, Quincy	12:00 PM
June 24	Monthly Luncheon	12:00 PM
June 25	Alzheimers support group	5:00 PM
June 26	Spirit of Boston Trip by ticket only	10:00 AM

### **Braintree Recycling Office Article**

Under recently revised MA D.E.P. rules for recycling, an item no longer accepted is shredded paper. The reason being that shredded paper is always in some type of bag and, when opened at the recycling processing plant, the material flies around the room and equipment, resulting in the plant not being able to recycle it. Bags of shredded paper now need to go in the trash.

To offer Braintree residents an alternative, the Town is instituting a service wherein shredded paper can be dropped off. The new service will be available as of May 1<sup>st</sup> at the Town's Recycling Center, 257 Ivory Street during regular hours: Mon, Tue, Thur, Fri & Sat (7am-3PM). Closed: Wed, Sun & holidays. Residents can simply hand their bag(s) to an attendant who will empty them into the special carts (limit of two 15 gallon bags per visit). Please do not place shredded paper in any other container at the site.

Rosemary Nolan  
781-794-8060

## Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, June	Independence Housing	10:30-11:30
Wed, June	Department of Elder Affairs	12:15-1:00
Tuesday, June	Roosevelt Housing	12:00-12:30

## Shopping Shuttle Schedule

**Reservations: please call 781-848-1963; 48 hours in advance.**

Pick-up time between: 9:30 to 10:00 AM  
Return time between: 11:30 AM to 12:00 PM

**Thursday, June 4 Stop & Shop**  
**Tuesday, June 6 Shaw's**  
**Thursday, June 11 Roche Bros**  
**Tuesday, June 13 Stop & Shop**  
**Thursday, June 18 Shaw's**  
**Tuesday, June 20 Shaw's**  
**Thursday, June 25 Stop & Shop**  
**Tuesday, June 27 Stop & Shop**

**Special Shopping Trip: Friday, June 14th Grossman Drive Shops**

## Alzheimer's Support Group

**Tuesday, June 25, at 5 PM**

We will have an informal support group for the Caregivers whose loved ones suffer from Alzheimer's and other related dementias. This group gives you a chance to sort out your feelings. Your feeling of being overwhelmed, feeling of guilt, because you think you are not doing enough, everyday frustration's, all a part of what a Caregiver goes through on a daily basis. Coming to this group can help to make you feel comfortable, you know that you are not alone. Everyone in the group has something to share. Come join us and share your thoughts with others.

**A light supper is provided, courtesy of Grove Manor Estates**

## Services

- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor & Library Express
- **Transportation:** please call to reserve  
Medical Van Rides  
Senior Center Activity Rides  
Shopping Shuttles
- **Recreation:**  
Monthly Lunches  
Social Activities  
Special Events & Educational Seminars  
Day Trips  
Health and Fitness Classes
- **Support Groups:**  
Low Vision Meetings  
Alzheimer's Support Meetings  
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;  
**please call for an appointment**
- **Ask the lawyer:** free consultations;  
**please call for an appointment**
- **Medical Equipment Loans:**  
wheelchairs, walkers, canes, shower seats  
and commodes; **please call ahead.**





## **Rhythms with Eve** **June 18, 2019 at 10:30 AM**

### **Experience the Power of Music** **With Eve Montague** **Director, Creative Arts Therapies, South Shore Conservatory**

Explore the power of music to build confidence, communication and teamwork. Using rhythm instruments, activities are designed to be accessible and fun. Group participants will have the opportunity to work as a team and refine their listening skills. **No music experience is required!** Everyone will be able to access an instrument and create sound and rhythmic movements together in a fun filled environment. All are welcome to join the hour of rhythms and music.



People who Volunteer their time for the Department of Elder Affairs are strongly encouraged to join this wonderful session. This is our way of thanking you for your time and dedication and keep you inspired.

**Where: Elder Affairs: Please call 781-848-1963 to sign up.**

## **Father's Day Brunch, Friday, June 14, 11 AM**

**Come celebrate with us! Enjoy and relax with**

*A Father's Day Brunch and A  
Honeymooners Marathon*

**Dads are invited to bring a guest**

**Braintree residents only**

Hosted at 71 Cleveland Avenue

**Please call 781-848-1963 to sign up**



**MONDAY**
**TUESDAY**
**WEDNESDAY**

# Hello


**3**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Pool Players  
12:00 Poker  
12:00 Qi Gong/Tai Chi  
12:00 Trivia  
2:45 I-Phone Drop in-BHS Students

**4**

Shopping Shuttle: Stop & shop  
9:00 S&S Bus (housing)  
9:30 Bocce Returns  
9:30 Computers: Beginners-Sign Up's Only  
10:00 Bob Cobbett-Able Bodies  
10:00 Low Vision Group  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
10:00 Rummikub  
19:45 Computers\_ Intermediate  
12:30 Bridge  
12:30 Cribbage

**5**

9:15 Cardio, Strength and Flexibility Class  
10:00 Asian Outreach Program 長者服務  
12:00 Pool Players  
11:30 Poker  
12:00 Blood Pressure  
1:00 Bingo  
1:00 Hearing test (by appointment only)


**10**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gon/Tai Chi  
12:00 Pool Players  
12:00 Poker  
1:00 Belles & Beaux  
2:00 Bereavement group  
2:45 I-Phone Drop In BHS Students

**11**

Shopping Shuttle: Roche Bros  
9:00 S&S Bus (housing)  
9:30 Bocce  
9:30 Computers: Beginners-Sign ups only  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
10:00 Rummikub  
10:45 Computers: Intermediate- Sign up only  
11:00 Line Dancing  
12:30 Bridge  
12:30 Cribbage  
1:30 iPhone/Tablet Drop in assistance with Nicholas

**12**

9:15 Cardio, Strength and Flexibility Class  
10:00 Asian Outreach Program 長者服務  
12:00 Pool Players  
11:30 Poker

**17**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gong/Tai  
12:00 Pool Players  
12:00 Poker  
12:00 Trivia  
1:00 Geronimo  
2:45 I- phone Drop in BHS Students

**18**

Shopping Shuttle: Shaw's  
9:00 S&S Bus (housing)  
9:30 Bocce  
9:30 Computers: Beginners  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
10:00 Rummikub  
10:30 Drum Circle with Eve  
10:45 Computers: Intermediate- Sign up only  
12:30 Bridge  
12:30 Cribbage  
1:30 No AARP for summer (Back in September)

**19**

9:15 Cardio, Strength and Flexibility Class  
10:00 Asian Outreach Program 長者服務  
12:00 Pool Players  
11:30 Poker  
12:00 Blood Pressure Clinic  
1:00 Bingo  
1:00 Hearing test (by appointment only)


**24**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gon/Tai Chi  
12:00 Pool Players  
12:00 Poker  
12:00 Monthly Luncheon  
2:00 Bereavement group  
2:45 I-Phone Drop In BHS Students

**25**

Shopping Shuttle: Shaw's  
9:00 S&S Bus (housing)  
9:30 Bocce  
9:30 Computers:  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
10:00 Bob Cobbett and Silver Sneakers  
10:00 Rummikub  
10:45 Computers: Intermediate- Sign up only  
11:00 Line Dancing  
1:00—Ask the Laweer: Free by Appt.  
12:30 Bridge 12:30 Cribbage  
1:30 iPhone/Tablet Drop-In Assistance  
5:00 Alzheimer's Support Group

**26**

9:15 Cardio, Strength and Flexibility Class  
10:00-1 pm Asian Outreach Program 長者服務  
12:00 Pool Players  
11:30 Poker  
**TRIP: Spirit of Boston-Ticket only-Depart 10 AM**

**30**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gong/Tai  
12:00 Pool Players  
12:00 Poker  
2:45 I -Phone Drop In

# THURSDAY

# FRIDAY



<p><b>6</b> Shopping Shuttle: Shaw's 9:30 Mah Jongg 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group 1:00 Knitting</p>	<p><b>7</b> 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 10:00 Acrylic Painting, Barbara Wilson 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday: Keeping the Faith</p>
<p><b>13</b> Shopping Shuttle: Stop &amp; Shop 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group Knit Crochet</p>	<p><b>14</b> Special Shopping Trip: Grossman Drive Shops 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 11:00 Father's Day Brunch and Honeymooners Marathon 12:00 Mixed Poker No Movie 2:00 Dept. of Elder Affairs Board Meeting</p>
<p><b>20</b> Shopping Shuttle: Shaw's 9:30 Mah Jongg 10:30 Book Club-The Nighingale by Kristine Hannah 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p><b>21</b> 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker No Movie 12:00 Hydration education –Brookdale Quincy 12:30 Ask the Lawyer</p>
<p><b>27</b> Shopping Shuttle: Stop &amp; Shop 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p><b>28</b> 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday: At First Sight</p> <div data-bbox="695 1892 1263 2001"> <p>*Special activities will have an article about the event. Please wait to call until after the first day of the month to sign up. Braintree Residents are priority</p> </div>

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## Outreach Department

### FRIENDLY VISITOR PROGRAM



Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. If you or anyone you know could benefit from this program, please call the Outreach Office at 781-848-1963.

program, please call the Outreach Office at 781-848-1963.

### JUNE IS MEN'S HEALTH MONTH



**THIS IS A REMINDER OF THE IMPORTANCE OF REGULAR VISITS TO YOUR DOCTOR!**

## Keep yourself Hydrated, June 21st

**Kevin Heaney  
Brookdale Quincy Bay**

Hydration need changes as you age. As the summer months approaches, keeping your body hydrated is crucial. Come, learn the signs and symptoms and consequences of dehydration. You will also learn strategies to prevent dehydration.

Limited to 25 people. Lunch will be provided

**Please call 781-848-1963 to sign up**

**Where: Braintree Elder Affairs**



## **From the office of the District Attorney**



**High-pressure telesales scammers claiming to be from Medicare or health insurers are calling people with offers of muscular braces that they claim your insurer will pay for. They say they need your Medicare number so they can arrange all the payments directly with the insurer. Once they have that, they overbill the insurance organization and/or use the number in other fraudulent ways.**

**You may or may not get the brace. If you do, it won't likely be the quality promised by the salesperson. These types of medical product scams typically overbill Medicare and fail to mail a product to the beneficiary.**

**It is advised that you hang up on these callers. If you don't want to hear from them again, block their number. Experts suggest you do your homework before ordering braces, medical equipment or supplies and be cautious of free offers that require your Medicare number.**

**It is suggested you consult with your doctor before purchasing medical products and equipment, particularly any products that are advertised as "miracle treatments".**

**As always, if you suspect Medicare errors, fraud or abuse, call the**

**Massachusetts Senior Medicare Patrol at 800-892-0890.**

# Happy Mother's Day

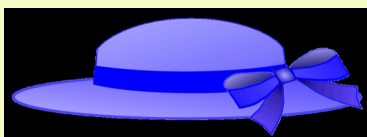
*Thank you to Boston Globe columnist Beverly Beckham for her wonderful performance on Mother's Day.*



*"Side by Side, A Mother/Daughter Love Story"*



*An original cabaret and tribute to all mothers.*



# From the Chairman

From The Chairman of the Board Hank Joyce

Well it is May 10<sup>th</sup> and we are still getting the same old drizzly weather but I must admit the flowers are really starting to look absolutely beautiful. Talking about flowers I attended the Gardener Guild's flower presentation and learned how to make a beautiful indoor flower plant for my wife. There were 32 ladies and yours truly and they were all very helpful Thank you ladies.

I hope you all got to see the Kentucky Derby last week it was very exciting. It is advertised as the most exciting two minutes in sports; however this year it was more like 22 minutes due to disqualification. The race 1st took place in 1875 and is for the best 3 year old horses in the country and it has been run every year since then even during the depressions and world wars. This year however is the first time they have had a disqualification due to a horse moving out of its path. Maximum Security was the original winner but due to the disqualification Country House was declared the winner after a 20 minute review. Country House was a 65-1 long shot to win. Can you imagine if you tore up your ticket immediately after the race and realized you just threw away at least a \$130.00 if not a lot more. Wow , would you feel lousy.

The Senior Center has a lot of good events coming up for the end of the month. A trip to the Heritage Gardens with lunch at Isaac's Restaurant on the 29<sup>th</sup> and Volunteer Recognition luncheon on 30<sup>th</sup> and the Annual Meeting and Luncheon for the Friends of COA on the 31<sup>st</sup>.

In June, in addition to all the regular activities we will also have a presentation on Hydration and a wonderful cruise on the Spirit of Boston with a Buffet Lunch and Entertainment.

I hope all the mothers had a wonderful Mother's Day despite the weather.

Can't help but be happy that the Red Sox are starting to warm up and look like the winners they are. The Bruins are playing great, and wouldn't it be great if they could go all the way.

Hope that the weather gets must better, and please be safe and happy.

## New Movie Wednesday-Mary Poppins Returns

Date: June 19

Time: 12:00

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.



## Monthly Luncheon

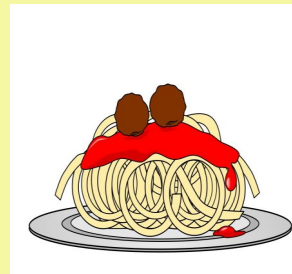
Date: June 24

Time: 12:00 PM

Menu: Italian Luncheon

Cost: \$7.00

Sign up only







**Friday, June 7**

**Keeping the Faith**



Best friends since they were kids, Rabbi Jacob Schram (Ben Stiller) and Father Brian Finn (Edward Norton) are dynamic and popular young men living and working on New York's Upper West Side. When Anna Reilly (Jenna Elfman), once their childhood friend and now grown into a beautiful corporate executive, suddenly returns to the city, she reenters Jake and Brian's lives and hearts with a vengeance. Sparks fly and an unusual and complicated love triangle ensues.

**Friday, June 14**

**NO MOVIE due to Father's Day Celebrations**

**Friday, June 21**

**NO MOVIE due to Hydration luncheon**

**Friday, June 28**

**At First Sight**



In the midst of a desperately needed vacation, cynical Manhattanite Amy Benic (Mira Sorvino) meets blind massage therapist Virgil Adamson (Val Kilmer). Fascinated by his independence and seduced by his positivity, Benic falls for him hard. As their relationship deepens, the two plan to leave the tiny resort town Adamson knows by touch for the hustle and bustle of New York City, where Benic suggests he undergo a cutting-edge medical procedure that could repair his sense of sight.



**Braintree Department of Elder Affairs**  
**71 Cleveland Avenue**  
**Braintree, MA 02184**

Place  
Stamp  
Here

**Braintree Dept. of Elder Affairs ~ 2019 Board Members**  
**Henry (Hank) Joyce, Chairman of the Board**

**Wayne Gilbert, Vice Chairman**  
**Ann Moore, Secretary**  
**Robert Caruso, Treasurer**

**Lucille Barton**  
**Tim Burke**  
**Leland Dingee**

**Jane Fogg**  
**Connie Mattina**  
**June Newman**

## **Monthly Luncheon**

Dear Friends,

The Annual Meeting took place on Friday, May 31<sup>st</sup>. If you weren't there, you missed a good time. I'm writing this article before the meeting takes place.

It is expected that those in attendance enjoyed a delightful lunch of finger sandwiches and other fixin's, as well as some delightful music and magic with Stephen Brenner.

The Nominating Committee will submit its recommendations, and with a slate of officers to be voted as follows:

John J. Ryan, Jr. – President  
Richard Leccese – Vice President  
Virginia M. Polio – Treasurer  
John Thompson – Secretary

We are grateful to the BDEA for again hosting our Annual Meeting.

We welcome you to attend our monthly meetings, which are scheduled on the fourth Thursday of each month, except during July, August, November, and December. Hope to see you on June 27<sup>th</sup> at 2:00 p.m.

Best regards,  
The Friends

**The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: [www.townofbraintreegov.org](http://www.townofbraintreegov.org)**  
**Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.**